

## Don't sweat it; have your A/C serviced

As hot weather approaches, the Nevada State Contractors Board reminds homeowners to hire only licensed contractors for home repair and maintenance projects, such as swimming pool construction, landscaping and air conditioner service.

Energy Star, a program administered by the federal departments of Energy and Environmental Protection, advises homeowners to hire contractors to conduct pre-season air conditioner check-ups. According to Energy Star, a comprehensive check-up will include several services:

**Checking the thermostat settings** to ensure the cooling and heating system keeps you comfortable when you are home and saves energy while you are away.

**Tightening all electrical connections** and measuring voltage and current on motors. Faulty electrical connections can cause unsafe system operation and reduce the life of major components.

**Lubricating all moving parts.** Parts that lack lubrication cause friction in motors and increases the amount of electricity you use.

**Checking and inspecting the condensate drain** in your central air conditioner, furnace and/or heat pump (when in cooling mode). A plugged drain can cause water damage in the house and affect indoor humidity levels.

**Checking controls of the system** to ensure proper and safe operation. Check the starting cycle of the equipment to assure the system starts, operates, and shuts off properly.

**Cleaning the evaporator and condenser air conditioning coils.** Dirty coils reduce the



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# Paving scammers return to Nevada

The Nevada State Contractors Board warns homeowners to be aware of fraudulent driveway paving companies who may be operating in Nevada.

A typical strategy used by scammers is to approach residents claiming to have asphalt and other materials left over from previous paving jobs in the neighborhood. Because they are “extra,” the “contractor” can perform the paving job at a fraction of the going rate.

“Unfortunately, these people come to Nevada every year when the weather turns warmer,” noted NSCB Executive Officer Margi Grein. “Many are not contractors; they are contractors who travel from state to state, working out of trucks and vans, installing inferior materials using shoddy workmanship and leaving town before their victims realize they have been scammed.”

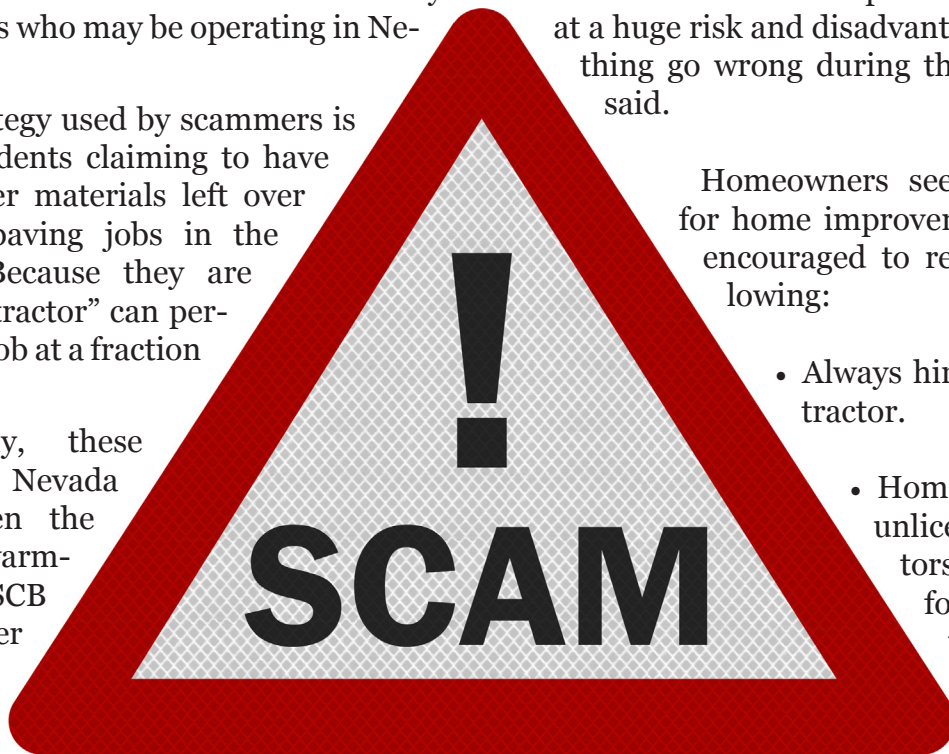
NSCB reminds consumers to be skeptical of salespersons approaching them at their homes. Be suspicious when service people ask for cash payments, seem reluctant to provide a written contract, present business cards with out-of-state addresses, post office boxes or telephone numbers. Always ask for a business card and contractor’s license number, then check the Board’s [website](#) or call the NSCB office (702-486-1100 in Henderson or 775-688-1141 in Reno) to confirm the number is legitimate.

Never succumb to pressure to agree to work, and never pay in cash. If a salesperson makes you feel uncomfortable, call law enforcement and report the incident.

“These unlicensed contractors who refuse to adhere to state laws are placing their customers at a huge risk and disadvantage should something go wrong during the project,” Grein said.

Homeowners seeking contractors for home improvement services are encouraged to remember the following:

- Always hire a licensed contractor.
- Homeowners who hire unlicensed contractors are not eligible for the Residential Recovery Fund, which may award financial recourse up to \$35,000 if damages are incurred during the project.
- NSCB is limited in its ability to assist homeowners with correcting workmanship issues if an unlicensed contractor was hired.
- Unlicensed contractors have not passed trade and law exams, demonstrated financial responsibility, and are not required to carry worker’s compensation insurance, which are all required of licensed contractors in Nevada.
- Always contact the Board with any questions or concerns *prior to* hiring a contractor. The Board can provide information on a contractor’s license status, what classification of contractor’s license may be required for a project, and address any other questions homeowner’s may have.



## New Board program assists veterans

The Nevada State Contractors Board offers a Veterans Assistance Program for veterans making the transition into civilian employment and spouses of active-duty military personnel who are relocating with their service members to the state.

Because military spouses move from state to state far more often than the general population as their loved ones are transferred, they face special challenges in obtaining licenses to perform their trades. And veterans sometimes find they do not receive proper credit for the work experience they gain in service to their country. The NSCB program offers several services to alleviate these challenges:

- A dedicated NSCB staff member is specially trained to evaluate transferable military training and experience from all branches of the military that meet minimum licensing requirements.

- Military experience and training will be considered along with college credit when the Board evaluates acceptable technical education levels for license applicants.

- Military spouses' current records of licensure will be evaluated to determine whether he/she is eligible for waiver of certain experience requirements for licensure. To determine eligibility or for

questions concerning NSCB's expedited service for veterans and military spouses, contact License Analyst Barbara Miller at 775-850-7814 or 702-486-1100, extension 7814, or e-mail her at [bamiller@nscb.state.nv.us](mailto:bamiller@nscb.state.nv.us).

Military spouses must supply copies of their current out-of-state contractor's licenses with their Nevada application.

Veterans must include copies of their certificate of release or discharge from active duty (DD-214) and transcripts of education and training courses provided by the military.

The Nevada State Contractors Board is proud to offer these special services for those who have served our country.



# YMCA introduces senior health program

YMCA of the USA and Pfizer Inc. have launched “50 MOVING FORWARD,” a healthy living plan designed to motivate adults 50 years and older with fresh ideas about behaviors that experts say are crucial to healthy aging: physical activity; medical screenings and vaccinations; healthy eating; and social interaction.

Those who want practical information, tips and activities that will help them build a healthier future can enroll online at [YMCA.net/50MovingForward](http://YMCA.net/50MovingForward) or in-person at a participating YMCA. At registration, participants can choose to receive e-mailed information, tips, patient/health care provider discussion guides and activities that can be incorporated into their lives anywhere, anytime.

“People 50 years and older are the fastest growing age group of the Y, and 50 MOVING FORWARD’s action plan, focused on health, fitness, preventive measures and fun, takes into account their busy lives so they can celebrate milestones at their own pace,” said Jim Kauffman, national director for health and well-being the Y. “Bringing 50 MOVING FORWARD to adults over 50 across the country represents a new way for the Y to connect with older adults as we continue our mission of creating an environment that promotes the health and well-being of the communities we serve.”

Adults 50 years and older currently make up more than 30 percent of the U.S. population, and by 2015, are expected to represent 45 percent of Americans. The Centers for

Disease Control and Prevention suggests that adults 50 and older have a 70 percent chance of developing a chronic disease.

“It’s important for people to eat well and be active, and they should also talk with their health care provider about getting regular health screenings and keeping vaccinations current,” said Dr. Freda Lewis-Hall, chief medical officer at Pfizer. “Every year hundreds of thousands of American adults are hospitalized from diseases such as influenza, shingles and pneumonia, that could have been prevented by vaccination.

Whether those 50 years and older are just getting started or are already practicing healthy habits, 50 MOVING FORWARD will help adults overcome common barriers to making healthy lifestyle choices.

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system’s ability to cool your home and cause the system to run longer, increasing energy costs and reducing the life of the equipment.

**Checking the central air conditioner refrigerant level** and adjust if necessary. Too much or too little refrigerant will make your system less

efficient increasing energy costs and reducing the life of the equipment.

**Cleaning and adjusting the blower components** to provide proper system airflow for greater comfort levels. Airflow problems can reduce your system’s efficiency by up to 15 percent.

To keep air conditioners

running efficiently, homeowners should inspect and change their air conditioner filters monthly. A dirty filter can increase energy costs and damage your equipment, leading to early failure, according to the Energy Star website. Annual maintenance is the best way to prevent costly and inconvenient air conditioner troubles this summer.

# Contact NSCB!

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